Relationship expert strikes chord with students

By Kate Meyers
Cruiser News Staff

Holy Cross hosted a lecture on Monday that dealt with positive relationships, romance, friendship, and family. Radio talk show host Ellen Gootblatt presented the talk. Gootblatt, who described herself to the audience as a “Brooklyn nut-job” and the “daring of the Catholic schools,” held the attention of the audience for a full two hours with her comical yet insightful views on how to have positive relationships and how to be happy with one’s life. Some of her comments and anecdotes affected different people in the audience in different ways, while many of her stories caused the entire audience to laugh out loud.

Gootblatt based her talk on twelve premises that she considers to be completely necessary to a healthy relationship, whether it is with a romantic partner, a friend or a family member. She said most problems that occur in young peoples’ relationships happen because “young people want to be everything to everybody.”

Gootblatt suggested that students “houseclean” their lives and throw out relationships with acquaintances and people who cause them to worry. One only needs a few good friends in life, because it is these good friends who will always be there when they are most needed.

She also insisted that people cannot change other people, but rather they can only change themselves. All too often young people think that they can change the flaws in a boyfriend or girl-friend, and they end up spending way too much time on a futile project. Gootblatt feels that one needs to accept another’s flaws and learn live with them in order to make the relationship more functional, rather than hope that the other person changes first.

Gootblatt pointed out that sometimes two terrific people aren’t terrific for each other. When a relationship fails, it is neither person’s fault, but it is a case where each individual needs to realize that there are inherent differences and to decide to move in another direction.

A main topic of her talk was how to have relationships that will provide the most happiness. Many feel that this is an important topic to be presented on a college campus because too many young people spend too much time in bad relationships that make them unhappy. In her thick Brooklyn accent, Gootblatt advised the audience to understand that “no man, no woman, no job, and no friendship is worth agony.”

If a relationship is not working, it is not necessary to be strenuous, she said, “run for the hills!”

Sometimes it is important to make a commitment to make a relationship work. If they take heart that it is working on both ends. But at times two people just aren’t meant to be with each other, it is important to remember that relationships are supposed to be easy. They’re supposed to be fun, and they’re not supposed to cause fighting and worrying all the time. If a relationship causes one to be upset more often than it causes him or her to be happy, Gootblatt says to move on. Relationships are supposed to be enjoyable.

Gootblatt spoke conservatively to the audience regarding intimate relationships. She feels very strongly that at the ages of 18-22, no one is mentally or emotionally ready to share his or her life with one other person. People at this age do not know how to discover about themselves to commit to another man or woman. And if a young person is in love, the love will wait until both partners are old enough to discover what they want in life and how they want to live.

Gootblatt also presented her views on sex. She said that two people, no matter how much they think they like each other, should not have sex until they both know their partner’s mother’s maiden name or where their grandparents were born. This seems facetious, but the point Gootblatt was trying to make is that young people should know each other inside and out before getting intimate with them.

Ellen Gootblatt shared many insights with the audience on how to have a good relationship, and what to do if one isn’t sure about a relationship.

Paola Rovelo ’04, felt that Gootblatt’s talk caused her to “think about all of the relationships I have in my life and how healthy each one really is.”

Also, “Ellen began this section with, ‘One may lead to sexual assault. Gootblatt was able to reach out to many students who are struggling with either being alone or being in relationships.”

Speaking of Student Affairs

By Matthew Elliott
Contributing Writer

Spring break—it’s a week where anything can and usually does happen. It’s a week away from the constraints of a heavy workload and the monotonous weekend routine. It seems that spring break has been designated as the one week in which people are not only allowed, but almost required to let loose and leave their inhibitions (as well as common sense) back at school. However, there are numerous repercussions to taking such a lax attitude towards a fun, but potentially hazardous vacation. Here are some tips and suggestions for those of you who have opted for a traditional spring break full of sun, sex, and binge drinking.

In a study done by the University of Wisconsin, it was discovered that 75 percent of males and 40 percent of females are intoxicated on a daily basis during Spring Break. Obviously, the high levels of drinking are conducive to not only to decreases in judgment, but also an increase in aggression. This is a can be a harmful combination which may lead to sexual assault.

In order to avoid becoming the victim or even the “unintended” assailant of such an assault, it is recommended that individuals know their drinking limits and do not surpass these limits.

It is always important to keep your drinking limit in mind, but this becomes even more critical when you are in an unfamiliar environment where it is easier to become disoriented, which can leave you vulnerable.

Students should always be on alert for the use of date-rape drugs. These potentially dangerous substances are found in increased circulation during Spring Break, specifically if you head to the warmer climates of Florida, Mexico, or the Caribbean. These areas are targeted by predators who do not have any reservations about using date-rape drugs such as Rohypnol (roofies) and GHB. It should also be noted that Rohypnol is actually legal in Mexico and often finds its way into the southern states.

In order to combat the effects of Rohypnol, it is extremely important that individuals never leave a drink unattended and never accept a drink that has been mixed or opened in their absence. If you place a drink down or lose track of it for any reason, buy another one. It is not worth the risk.

Another factor to keep in mind when traveling outside of the United States is the uncertainty of the health care facilities. It is not guaranteed that if you have a drink downed or raped in another country that you will receive proper medical attention. Spring breakers traveling outside of the United States should take extra precautions. This is not to say that in the case of an assault the victim should not seek medical attention. Of course they should, but there is no guarantee when dealing with facilities in Mexico, Jamaica, and the Caribbean.

In short, it is not always true that what goes to one country on spring break will necessarily stay on spring break. The emotional distress of rape and assault cannot be left behind in Florida as students return to their heavy workloads and monotonous weekend activities. While on spring break, students should take every precaution to have a safe and enjoyable vacation.

Brought to you by your Relationship Peer Educators.

Eres makes reserves readings available online

By Jim Dukett
Cruiser News Staff

Late night runs to the Library Reserve Room could become a thing of the past with this month’s debut of Eres, Holy Cross’ new electronic reserve system. Eres will allow access to reserve readings as well as other class materials through downloadable internet applications. The trial period for Eres began last week, with 13 Professors utilizing it for their classes already. Eres will be able to reserve readings for the use of date-rape drugs. These potentially dangerous substances are found in increased circulation during Spring Break.

Naomi McElligott ’02, expressed her support for widespread implementation of the system in saying, “Eres seems like it would save money on making photocopies of reserve readings and be more convenient for students.”

“My only thought is that the library is open late enough. It sounds like a great idea.” Besides providing access to scanned reserve reading articles, the system would also provide students with course home pages that include links to other web sites of interest.

Students will be able to access Eres by logging on to the system and navigating to their course page to download readings or access other internet resources. Eres will make reserve readings more accessible to the student at all hours.

Public Safety Blotter

Wednesday, February 14
Hay - A student reported a loud party on Hayley 2.

Thursday, February 15
- RA reported that a minor hand injury occurred in Student Lot #2. The back area.

Friday, February 16
- A student reported money missing from his wallet in the men’s locker room at the Hart Center.

Saturday, February 17
- Mullady - RA reported that all the light bulbs in the central and west stairwells from the first to fourth floors were either taken or smashed.

Sunday, February 18
- Wheeler - There was a power outage on Wheeler 5.

Monday, February 19
- Healy - A student reported a loud party on Healy 2.

Tuesday, February 20
- Hogan Campus Center - A manager reported a sign stolen from Cool Beans.

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